

SUMMERTIME **LEARNING** READING WILL HELP KIDS KEEP UP (page 12)

A MAJOR ISSUE SEXIST CARTOONS CUT FROM MILITARY TRAINING (page 6)



MARRIED **UNDERWOOD WEDS NHL'S FISHER** ALL THE DISH (page 11)

HALIFAX net #

Monday, July 12, 2010 www.metronews.ca



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Fiestas in HRM for Spain's win

• Country's soccer team takes home first World Cup trophy after strike in extra time by midfielder Iniesta Fans cheer and chant in the bars and on the streets (page 3, 24)



Spanish fans bent the rules at a Halifax bar yesterday, celebrating their victory by dancing on tables and chairs, throwing people in the air and drinking excessive amounts of beer.

"The atmosphere was totally unbeliev-

able," said Brad McDonald, sporting a Spain jersey and scarf.

"Like anybody else would say, I feel unbelievable.

More than 200 people packed the bar yesterday to watch the gold medal match.

Tamara Kaaki was glowing after partaking in one of many thunderous victory

screams shared by Spanish fans.
"It was amazing. They played so well and they deserve it so much."

ALY THOMSON

Gulf of Mexico

BP claims progress on spill fix

Robots to replace broken cap on undersea gusher D Lid would be temporary fix O Gulf residents aren't convinced latest plan will work {page 8}

'One of the most vile things we have ever heard'

Clip released of Gibson allegedly berating girlfriend



Shrinking your carbon footprint

Carbon credits can boost conservation efforts (page 14)

Planning ahead for September

Our financial crash course for post-secondary students (page 16)





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Fans' Dutch dream denied

◆ Holland supporters devastated after their team loses 1-0 to Spain in World Cup ◆ Even number of Spain, Netherlands fans in packed city bar





Gianny Rotterdam is far from Holland, but yesterday's loss still hit home.

The 12-year-old couldn't hold back tears at Bubba Ray's in Halifax. His father, Captein, put into words

St. John's

"The main thing is that we can be proud, and that's what we are."

CAPTEIN ROTTERDAM, FAN

what Gianny could not. "Of course we're dis

"Of course we're disappointed. But I think we can be proud because we came a long way," said Captein,

Québec

Moncton

who is visiting Halifax with his family.

People sporting bright orange shirts were filing out of the bar with their heads down shortly after Spain scored yesterday.

Amanda Van Der Pole and her crew of Holland natives quickly departed from the table they man-

Toronto

Calgary

Vancouver

aged to acquire when the bar opened this afternoon. Netherlands fan

Netherlands fan Jonathan Gillies said he is "devastated" by the loss.

"You build so much emphasis into one team and then to lose, it sucks it right out of you," he said above an impromptu "Espana" chant.

Cash can't help crack cold cases

Thirty years after her son was assaulted and killed in his home in rural Nova Scotia, Beulah Barkhouse's belief that justice will be served is slowly fading.

Like 60 other cases that have gone cold, the provincial government is offering up thousands for information leading to an arrest and conviction in her son's death as part of its Rewards for Major Unsolved Crimes Program, believed to be the only of its kind in Canada.

But of the 31 tips the program has received since it launched four years ago, none has led to an arrest and conviction.

"I'm really not expecting (justice)," said Barkhouse, a 78-year-old widow who lives in East Dalhousie.

Unlike Crime Stoppers, tipsters calling the Nova Scotia program's toll-free line are expected to provide their name and may be required to testify in court. Calls are also traced and recorded but the financial incentive is far greater than the \$2,000 maximum reward Crime Stoppers offers.

The unsolved crimes, dating back as far as 1955, include fatal shootings, stabbings and suspicious missing persons cases. When the program was launched in 2006, the reward was \$50,000. That tripled in 2008.

THE CANADIAN PRESS

\$150K

The maximum amount available to tipsters who offer information leading to an arrest and conviction in the death of Jason Barkhouse.





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News on the move

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Montréal



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Crowe back in prison

▶ Human error behind sex offender's accidental release ◆ Police deny new charges meant to right the mistake ◆ Arrest made without incident



Robert Thomas Crowe is once again behind bars after the convicted sex offender was set free by a paperwork mix-up last week.

Crowe, 22, was arrested on June 29 and charged

with the sexual assault of an 18-year-old Dartmouth woman. He also faced charges of anal intercourse without consent and breach of probation.

Crowe was set to appear in a Dartmouth court for a bail hearing last Monday. A human error, however, led to his name not being included on a court transfer document.

Because the order to hold Crowe in prison expired that day, Judge Brian Gibson ruled he did not have authority to keep him behind bars.

Police laid new charges and re-arrested Crowe. In addition to the previous charges, he now faces charges of sexual assault causing bodily harm, forcible confinement, and robbery. Crowe was arrested without incident, appearing before a Dartmouth provincial court on Friday. Police spokesperson Const. Brian Palmeter said the new charges were the result of police consultations with the victim.

Fixes to come: Landry

An internal inquiry found human error led to Robert Thomas Crowe's name being left off a court transfer document, Justice Minister Ross Landry said Friday.

He said performance

issues will be addressed with two staff, and a review of the process for court listings has begun. "We have worked very hard throughout the Department of Justice to ensure the right training, equipment and procedures are in place...," said Landry, in a release. "Now we are making sure they are followed." • METRO HALIFAX



Day of the dead

Like a scene out of a horror movie, Haligonians stumbled onto the streets looking for brains and blood during Halifax's annual Zombie Walk. Hundreds walked with torn clothing, pale makeup and fake blood in pursuit of some gory fun and excitement.

Cholesterol drug's cheaper substitute gets N.S. approval

Nova Scotians who use the cholesterol control drug Lipitor will soon be able to save money by opting for its less expensive generic.

The Health Department said Friday that it has approved a recommendation

from a provincial drug committee allowing pharmacists to substitute prescriptions written for the drug Lipitor with the generic product Atorvastatin

THE CANADIAN PRESS

Man facing robbery charges in alleged holdup

A 28-year old man is facing robbery charges in relation to an early morning incident at the Look Ho Ho restaurant yesterday.

Police allege the man entered the restaurant

with another man around 12:20 a.m., confronted an employee and attempted to open the cash register. He fled the scene and was apprehended a distance away. • ALEX BOUTILIER

14 organizations facing safety raps

The Department of Labour and Workforce Development has charged 14 organizations under the health and safety act this year.

They were charged with 41 infractions ranging from failing to provide information to an occupational health and safety officer to not taking reasonable measures to ensure the health and safety of people at a workplace, a release said. Marilyn More, minister of Labour and Workforce Development, said last year 32 workers died. • ALY THOMSON

Man, 29, held in Dartmouth attempted murder

- Suspect in Thursday incident known to victim
- Women's throat cut at home on Primrose Street



A 29-year old man is in police custody after an attempted murder Dartmouth on Thursday.

Halifax Regional Police responded to a weapons call at a Primrose Street residence just after 7 p.m. on Thursday.

When police entered the residence, they found the victim, a woman in her mid-20s, with her throat cut.

Police allege that a man known to the victim committed the deed.

The suspect fled the scene prior to police arrival, but was found by police a short time later. He is currently in police custody.

HRP spokesperson Sgt. Kevin McNeil could not disclose many details of the case, such as the relationship between the suspect and the victim or the time elapsed between responding to the call and arresting suspect, pending charges being sworn in today. formally

He did confirm, however, that it appears the victim will survive.

Originally it was reported that it was non-life threatening injuries, and that is still current, said Mc-



Rousing performaces at Jazzfest

The Hallelujah Praise Choir was joined by the Nova Scotia Gospel Ensemble and the Sanctified Brothers for yesterday's free shows on the main stage at the Halifax Jazz Festival.

ATV crash kills Newfoundlander

Police in Newfoundland are investigating the cause of a collision between two ATVs that resulted in the death of one of the passen-

Officers were called to the crash on a dirt road in the town of Lethbridge on Saturday.

Police say they believe the two ATVs struck head on as they came from opposite directions.

THE CANADIAN PRESS

Police trade cruisers for bikes

Police in the Halifax Regional Municipality are swapping their cruisers for bicycles this summer.

The Youth Problem Oriented Policing Unit will be on patrol in areas such as pathways and parks, which are not accessible by car. The Community Policing and School Liaison will patrol in teams of two.

METRO HALIFAX

10^{The number of} ing and School Liaison members which make up the Youth Problem **Oriented Policing** Unit.

News in brief

Former MPP 'deeply concerned'

EXPENSE SCANDAL, Russell MacKinnon, a former Liberal cabinet minister, says he is "deeply concerned" over a re cent media report link-ing him to Nova Scotia's legislative expense scandal. MacKinnon said in a release yesterday that he "has never received a complaint from any constituent, former employee, the Office of the Speaker, the auditor general, the Royal Canadian Mounted Police or any other policing

agency."

The former member for Cape Breton West said the only suggestion of a problem came last week in the form of a question from a reporter for the Halifax Chronicle Herald.

Citing anonymous sources, the newspaper reported Saturday that MacKinnon is one of the six current or former provincial politicians whose expense files were sent by auditor general Jacques Lapointe to the RCMP after a forensic audit.

THE CANADIAN PRESS

Police: Man failed to give ferry right-of-way

SYDNEY. A 25-year-old man could be facing charges after a close call involving a Marine Atlantic ferry and an eight-metre pleasure boat in Sydney harbour on Wednesday. Cape Breton Regional police say the man failed to give the ferry the right of way as it was coming in to port. Police say the Point Edward man and a couple of friends were fishing at the time. The coast guard and Transport Canada have been notified and may pursue legal action. THE CANADIAN PRESS

Driver facing charges

COLE HARBOUR, RCMP sav one of their cruisers was damaged yesterday in a Cole Harbour collision when it was struck by a driver who is now facing impaired driving charges. Mounties say the collision occurred on Main Street near Montague Road Friday. The crash involved an RCMP cruiser and Ford Taurus. Neither the driver of the Taurus nor the police officer required medical attention.

THE CANADIAN PRESS



Military to purge offensive cartoons

○ Drawings considered sexist were part of lessons at Canadian Defence Academy in Kingston, Ont.

The military has launched a purge of its classroom materials after several offensive cartoons, including some featuring women in degrading sexual situations, were used in courses for soldiers headed to Afghanistan.

These and other illustrations are sprinkled through Canadian Forces training materials obtained by The Canadian Press under the Access to Information Act

The manuals, Power-Point presentations and other classroom materials were created by the defence academy to instruct trainers giving courses in "Conduct After Capture."

The three-week courses, which inform soldiers about how to behave if captured by the enemy, have been offered since 2007 and are mandatory for those deploying to Afghanistan.

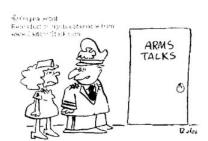
THE CANADIAN PRESS

Cartoons

- One cartoon, intended as an example of reading body language, shows a woman at a bar piled with empty glasses engaged in a sexual act with a man on a barstool. The caption reads: "How to tell when you don't have to buy her any more drinks."
- Another cartoon shows a male officer suggesting to a female sergeant that she become a "bargaining chip" in arms talks — a reference to her submission to a sexual act.
- One depicts a detainee lounging in a beach chair, being fed grapes and fanned by soldiers — apparently a satire on rules that require humane treatment of captured combatants. THE CANADIAN PRESS

PRISONER OF WAR REPRESENTATIVES

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Representative's responsibilities



"Sargeant Murphy, how would you feel about being a bargaining chip?"

▶ The military has launched a purge of its classroom material after cartoons, including this one, were used as illustrations in courses for briefing soldiers headed to Afghanistan.



'Barefoot bandit' finally nabbed in Bahamas

The teenage "Barefoot Bandit" who allegedly stole cars, boats and airplanes to dodge U.S. law enforcement was nabbed yesterday as he tried to make a water escape then brought hand-cuffed — and shoeless — to the capital to face justice, abruptly ending his two-year life on the lam.

Colton Harris-Moore was arrested before dawn in northern Eleuthera, said Sgt. Chrislyn Skippings, a spokeswoman for the Royal Bahamas Police Force. A contingent of high-ranking officers travelled to the island and took the suspect to Nassau, the country's capital, where he faces possible extradition to the United States.

True to his nickname, the 19-year-old suspect was barefoot as he stepped off the plane. He kept his head down and ignored questions shouted by reporters. Escorted by six police cars and SUVs, the teen had



close-shorn hair and wore short camouflage cargo pants, a white long-sleeved shirt and a bulletproof vest. Island police had been searching for the wily fugi-

Island police had been searching for the wily fugitive since he allegedly crash-landed a stolen plane a week ago on nearby Great Abaco Island, where he was blamed for a string of at least seven break-ins.

Harris-Moore was carrying a handgun that he tried to throw away and shots were fired during a water 58,000 Approximate number

Approximate number of fans Colton Harris-Moore has on Facebook, some of whom posted messages yesterday such as "Free Colton" and "Let Colton Fly."

chase, authorities said. They did not say who fired them.

THE ASSOCIATED PRESS

Mountie charged in wife's death

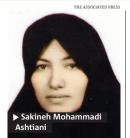
A day after his wife's body was found in a southeast Edmonton home, an RCMP constable was charged with second-degree murder in her slaying. Const. Tarith Sehmbi.

Const. Tarith Sehmbi, 36, is expected to appear in court on the charge today, said Clifton Purvis, executive director of the Alberta Serious Incident Response Team. He has said police were called to a home in southeast Edmonton early Saturday morning after neighbours reported hearing what sounded like gunshots.

THE CANADIAN PRESS

Stoning off, but still an option: Iran

The death sentence by stoning for an Iranian woman convicted of adultery will not be implemented for now, said a judicial official. Malek Ajdar Sharifi said Sakineh Mohammadi Ashtiani's stoning would still take place if the judiciary



wanted, despite the "propaganda" by the West.

THE ASSOCIATED PRESS

Ontario child killed by wind turbine

A three-year-old child was killed Saturday when he was pinned under a wind turbine in southwestern Ontario.

Police say just before 8:30 p.m., emergency officials were called to a home west of Belgrave, Ont. The boy was playing with a group of children near the structure's generator pole, which was temporarily anchored to a cement pad by a strap while under repair.

The force of the children playing on the pole loosened the strap and caused the weight of the turbine to lift the generator pole off the ground.

THE CANADIAN PRESS

metre news.ca Monday, July 12, 2010



USAID setting good example for aid groups: Official

The \$9.9 billion US aid for Haiti comes at the tail of an unprecedented aid effort after the earthquake, where organizations like Doctors Without Borders played an important role.

As independent organizations, these groups won't receive any funds from the \$9.9 billion reconstruction package.

UN Secretary-General

UN Secretary-General Ban Ki-Moon promised that the unprecedented humanitarian intervention will be monitored by a Internet-based tracking system.

In addition, Haitian President René Garcia Préval and former U.S. president Bill Clinton head a commission charged with ensuring that the funds are well-spent.

"There has been corruption and waste of money, particularly in the distribution of food," said Marilyn Allen, head of Transparency International's Haiti chapter.



"But it's very difficult to track because there's no official monitoring of how much money has been received.

"USAID has been exemplary on publishing which organizations it has given money to, and for what.

money to, and for what.

"All aid organizations should do the same,"
Allen said.

ELISABETH BRAW

Haiti: Where's the money?

● 100 days ago Haiti was struck by a devastating 7.0 earthquake ● Some 250,000 people died, making it the deadliest quake in 24 years



When United Nations Secretary-General Ban Kimoon calls \$5.3 billion US a "down payment", it's an obvious sign that massive amounts of money are required.

The \$5.3 billion is the total international pledges to Haiti over the next two years. After the two-year period, Haiti will receive another \$4.6 billion.

At a New York confer-

ence last month, the U.S., the EU, the World Bank and other major international entities co-ordinated their aid effort to the quakestricken country for the next several years.

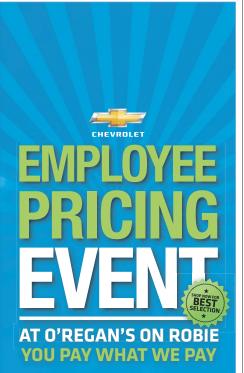
But Haiti's needs won't end with that.

"A decade is the first stage of aid to Haiti", says Mark Schneider, senior vicepresident at the International Crisis Group.

"A generation is the second stage."
Haiti's 2009 GDP was

Haiti's 2009 GDP was \$11.9 billion.







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BP claims progress on delicate mission, as oil spews into Gulf

Robotic submarines remove cap that had been placed on leak in early June Calm weather boosts hope for containment system replacement

Work on a new cap for the gushing oil leak in the Gulf of Mexico has outpaced officials' expectations so far, with robotic submarines completing most of the removal work necessary on the broken well.

Overnight, a top flange on the leaking well was re-

That equipment has to make way for a new flange spool, a piece that will connect the new cap to the

The old cap, which allowed some oil to keep pouring into the Gulf, came off Saturday. That al-



lowed millions of litres of oil to pour almost unimofficials say the new cap will form a perfect seal.

British Petroleum and the coast guard hope the work can be done within three to six days. If tests show it can withstand the pressure of the oil and is working, the Gulf region could get its most significant piece of good news since the April 20 explo-sion on the BP-leased Deepwater Horizon rig, which killed 11 workers.

It would be only a temporary solution to the catastrophe the U.S. estimates has poured between 330 million litres and 650 million litres of oil into the Gulf as of Satur-

day.

Hope for permanently plugging the leak lies with two relief wells, the first of which should be finished by mid-August.

The plan didn't inspire confidence in the residents of the oil-slicked coast.

"This is probably the sixth or seventh method they've tried, so, no, I'm not optimistic," said Deano Bonano, director of emergency preparedness for Jefferson Parish in New Orleans.

THE ASSOCIATED PRESS



Website bows to Chinese law

China confirmed yesterday it has renewed Google's licence, under the operation of Beijing Guxiang Information Technology Co. Ltd., ending a months-long standoff over Internet censorship. A ministry official, who was not identified, said Guxiang had agreed to "abide by Chinese law" and "ensure the company provides no lawbreaking content," China's news agency Xinhua said.

STOCK MARKET

More hope for decent summer

Investors could find a reason to extend last week's strong advance on North American stock markets if U.S. secondquarter corporate earnings, the first of

which are expected today, live up to high expectations.

"If we can get some

confirmation from the earnings and then the stocks rally on that, it will be a very good sign that we'll have a decent summer," said Blair Falconer, portfolio manager at HSBC Securities.

North American markets finished higher last week, with the TSX up 3.34 per cent and the Dow industrials ahead 5.28 per cent as bargain hunters moved in. Markets are still down sharply from their 2010 highs and investors hope strong earnings and revenues will reverse recent sentiment that the global economic recovery will be slower than thought.

Watch for General Electric at the end of the week.

THE CANADIAN PRESS

Vatican budget deep in red

The Vatican said Saturday it had posted its third straight financial loss, registering a \$4.1-million deficit for 2009.

The financial report released by the Holy See's press office listed revenues of \$250.18 million against expenses of \$254.28 million.

Most of the expenses went to support Pope Benedict XVI's activities and the Holy See's offices, especially Vatican Radio, the voice of the pope that is broadcast on five continents in 40 different languages and produced by 200 journalists.

THE ASSOCIATED PRESS









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STEPHEN KIMBER



David Lloyd Johnston, our soon-to-be Governor General of all we survey, is, I'm sure, a fine fellow.

ven if he does fit — right up to his blue button-down — every stereotype known to boring, old white guy governors general of the pre-Adrienne Clarkson, pre-Michaëlle Jean era.

But hey, I'm a boring, old white guy too, and it's nice to be represented once again in the corridors of ceremonial powerlessness.

Johnston is, of course, a lawyer. Better yet, a legal scholar. A specialist in securities law, something otherwise impenetrable to the rest of us.

He played hockey at Harvard. Of course Harvard. Better yet, he captained its hockey team. At 69, if you believe his gushing friends, he still possesses the speed and finesse of a young Yvan Cournoyer.

He is former principal and vice-chancellor of McGill University, one of Canada's most venerable institutions of higher learning, and now soon-to-be former president of the University of Waterloo, one of Canada's most leading edge — can you say particle physics? — groves of academe.

"David Johnston is the person most responsible for the fact we wasted \$14 million on a public inquiry to discover what we already knew about Brian Mulroney."

Of course - of course - he is an excellent family man. Married to the same woman forever. The same woman, it should — and will — be said, who is accomplished in her own right, but will not seek her own limelight like, well, no need to mention John Ralston Saul or Jean-Daniel Lafond.

And the kids? Five of them. All girls. All grown. All overachievers. Did we forget the seven grandkids?

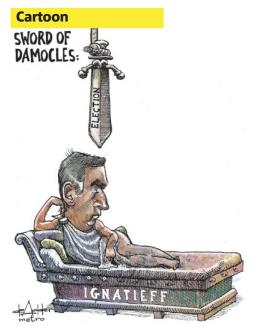
Uh, but there is this one nagging something that's

hard to forget — or forgive.

David Johnston is the person most responsible for the fact we wasted \$14 million on a public inquiry to discover what we already knew about Brian Mulroney — that he is a pathological prevaricator of the first order — but not what we actually wanted to know — which is who got how much of that \$20 million in Airbus grease money? That Prime Minister Stephen Harper chose Johnston

among all the boring, old white guy academic overachievers available - to set the sharpened pencilpoint-narrow terms of reference for the inquiry into the Mulroney-Schreiber affair says much about Stephen Harper's prescience.

And perhaps too much about David Johnston's willing-



Noteworthy

Vermontasaurus: An endangered species?

ture made of scrap wood by a Vermont man faces oppos challenges from government entities which may lead to the sculpture being disman-tled. THE ASSOCIATED PRESS

Letters

CALGARY. Should Canada cut ties with the monarchy? Absolutely!

The British look down on Canada in contempt. and here we are, absurdly comical hapless serfs with such an inferiority complex, hanging on to a foreign tradition of a tiredout, has-been empire, elevating them as demi-gods!

I love The Queen, but the rest of the clan is a bunch of misfits and fatcats living high off the hog.

I also believe that at all times, not just during bad, the royal family should be paying its own way, instead of the government forcing working people to foot those enormous bills.



Time to cut royal ties?



But that is asking too much of a government that spent \$1 billion on the G20 summit and has slapped some provinces JACK G. ASHOK

TORONTO. In the aftermath of the G20 summit, one burning question keeps coming to mind: How was it possible that "protesters' were able to trash and burn police vehicles?

After over a billion dollars was spent on security, how is it possible that the police were unprepared to defend their property?

It is inconceivable to me that this was not a deliberately staged spectacle to justify the brutal police action that followed

PAUL DONAT

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Metro Minute at the Jazz Fest

It's going to be 23 C today
— perfect weather for
hanging out under a big white tent and listing to

One of today's free concerts at the Halifax Jazz Festival is the Daniel Matto Quintet. Matto is originally from South Australia, but now lives in Halifax. The quintet's new album is called I'm Old Fashioned.

Also on the free stage this afternoon is the flamenco group Con Brio, Beyond Brasil and Nova Scotian Erin Costelo.

Tonight it's all about world music with guitarist and singer Alpha Yaya Dial-lo from Ginea in West Africa. Opening for him is Chris Church, a Halifaxborn violinist, singer and composer.

JENNIFER TAPLIN



scene



Model Naomi Campbell will testify at the war crimes trial of former Liberian president Charles Taylor.

Susan Boyle is searching for an unknown to duet with her on her upcoming album.

THE ASSOCIATED PRESS

Glee star Amber
Riley will sing
the national anthem before tomorrow's MLB
All-Star game.
THE ASSOCIATED PRESS



Website that posted recording of Mel Gibson's rant says more to come
 Oscar-winning director and actor dropped by talent agency



Mel Gibson's **USLY WORDS**caught on tape

The two-minute clip of Mel Gibson using a racial slur and calling his ex-girlfriend a "whore" during an argument are unlikely to be the last ugly words the public hears from the actor.

RadarOnline.com, the celebrity website that posted the recording Friday, says there's more where that came from.

For 10 days, the site has

For 10 days, the site has posted written transcripts of secret recordings it said Gibson's former girlfriend, Russian singer Oksana Grigorieva, had made. The snippet released Friday is the first audio of the confrontations that have been aired.

The clip includes segments in which a voice that sounds distinctly like the Academy Award winner is heard telling Grigorieva that she is dressing too provocatively and that it would be her fault if she were raped. He uses the Nword, a racial epithet, at one point. The recording is laced with his profanity.

Shortly after the post-

"It is shocking, not only for content — which is horrific — but for tone. It is one of the most vile things we have ever heard." DAVID PEREL, RADARONLINE.COM

ing, entertainment news outlets reported that Gibson had been dropped by talent agency William Morris Endeavor, although that decision appeared to have been made days ago. The agency did not return phone calls and an email seeking comment.

seeking comment.
David Perel, RadarOnline's founder and execu-

Custody dispute

It is unclear when the recording was made or in what context. It opens with Mel Gibson discussing breast feeding of their daughter. Toward the end, Gibson indicates he is done with the relationship.

tive vice-president, said the site had heard "a substantial portion" of 30 minutes of recordings Grigorieva had made. Perel said more audio clips will likely be released in coming days. The site reported the she made the recordings because she was afraid Gibson might harm her.

The Los Angeles County

"I don't trust you," the actor is heard saying. "I don't love you. I don't want you."

The former couple have been locked in a bitter custody dispute in Los Angeles. Records in the court case, which may include the audio recordings, remain sealed.

THE ASSOCIATED PRESS

Sheriff's Department is investigating allegations that Gibson was involved in a domestic violence incident with Grigorieva, with whom he has an eightmonth-old daughter.

Gibson's camp remained silent about the recording. Spokesman Alan Nierob did not issue a comment on the audio's contents. Grigorieva's lawyer, Marci Levine, also did not return a phone message.

It is the second high-profile incident in which Gibson has been accused of using slurs and degrading women.

He apologized after his drunken driving arrest in 2006 after it was revealed by TMZ that he had made anti-Semitic and sexist comments.

In the recent recordings, the actor is heard criticizing Grigorieva for the way she dresses. He accuses her of lying to him about having breast implants

THE ASSOCIATED PRESS

Usher sings in Chinese at Beijing concert

Usher was expected to sing in Chinese, briefly, during his China debut concert in Beijing yesterday.

Usher was to sing one of Asian pop sensation Wang Lihong's songs in Chinese, Wang told a joint press conference Saturday night, and the two will also sing Usher's No. 1 OMG.

"I wanted to make a great impression, so I wanted to do something very special," Usher said. "After hearing (Wang's) music, I wanted to collaborate with him." The American recording artist said he came to China because he knows there's an audience for him.

THE ASSOCIATED PRESS

Sheen court date postponed

A court hearing during which actor Charlie Sheen was expected to plead guilty to a charge stemming from a Christmas Day dispute with his wife has been postponed.

Court officials say the hearing has been delayed from today to Aug. 2. Yale Galanter, one of Sheen's attorneys, says the defence needs more time to work out details of an agreement that calls for Sheen to plead guilty to misdemeanour assault in exchange for prosecutors dropping more serious charges.

THE ASSOCIATED PRESS



Celine Dion expecting twin boys

Celine Dion says the twins she's expecting are boys.

The superstar singer revealed the sex of the babies in a brief statement Friday on her website.

Dion already has a son, Rene Charles, with her husband and manager, Rene Angelil.

THE ASSOCIATED PRESS

metr@dish metronews.ca **MONDAY, JULY 12, 2010**

Celebrity tweets



Sama-Ronson [@saman-

Hey Joan Rivers- you have collagen older than Lindsay, pick on someone your own age, oh wait, I guess people that old can't hear.



John Mayer mayer] Just once, I

want to hear a rap song with implicit lyrics.





Griffin Mofficialkathyg] They don't

give out an Emmy for 'Best Airbrushing' but if they did, I'd totally win.

Underwood weds Once upon a time in Alaska Senator Fisher

• Country star, hockey forward will have homes in Nashville, Peterborough, Ont. DEngaged on Dec. 20

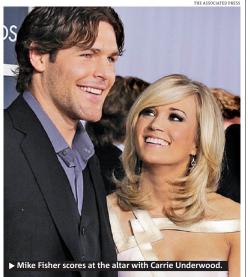
Country music star Carrie Underwood and Ottawa Senators forward Mike Fisher were married at a luxury resort in Georgia late Saturday afternoon, according to a People magazine report.

Underwood, 27, and Fisher, 30, tied the knot before 250 friends and family in a ceremony featuring classical music and the couple's favourite Bible readings, the magazine reported on its website.

"We could not feel more blessed to have found each other and to have shared this day with our friends and family that mean so much to us," the couple said.

Mike Fisher has said on his website that his bride would legally change her last name, but would still be known professionally as Carrie Underwood.

THE ASSOCIATED PRESS



You might call it Sarah Palin's introduction to the cubs.

A biography of the former Alaska governor and self-described "mama grizzly" is set for release in September by Christian book publisher Zondervan. Speaking Up: The Sarah Palin Story, is one in a series of biographies aimed at 9- to 12-year-old readers. Others

feature 2007 Heisman Trophy winner Tim Tebow and U2 frontman Bono.

Kathleen Kerr, an acquisitions editor for Zondervan's Zonderkidz division, said the subjects are prominent figures who children hear about in the news and role models for tweens who are "working for the betterment of the world in which we live.' THE ASSOCIATED PRESS

Wedding rumours amuse Katy

Katy Perry is reportedly tickled by all the speculation about where, when and how she and fiancé Russell Brand will tie the knot. "I hear these crazy stories - we are going to get married in latex, underwear, in spandex, in Japan, in India, in Thailand," Per-TV Says. METRO WORLD NEWS

Picking up \$50K tab? **Priceless**

Ryan Seacrest doesn't mind picking up the check at dinner, even when it costs him more than \$50,000, according to TMZ. Seacrest reportedly attended a business dinner, and when the \$41,000 bill came, the "American Idol" host paid it — and left a \$10,000 tip. METRO WORLD NEWS

Talking points

Furor in Cyprus over J-Lo show

CONTROVERSY Jennifer Lopez called off a controversial birthday show in the breakaway north of Cyprus, provoking celebrations Friday by Greek Cypriots while Turkish Cypriots denounced the

The furor over a luxury hotel inauguration showed how easily bitter rivalry can flare up between Cypriots across the ethnic divide, even as the two sides are locked in fruitless peace talks.

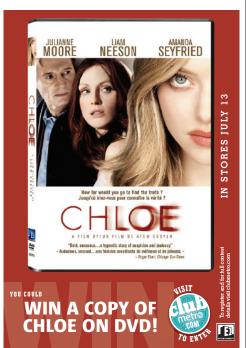
Reports that Lopez would perform at a hotel in the breakaway Turkish north on her 41st birthday this month triggered a Greek Cypriot online campaign pushing for cancel-



Smoking habit Lo point in jail

Friends of Lindsay Lohan are worried she won't survive her upcoming jail stint because the facility where she'll be locked up is smoke-free, according to TMZ. "The first thing she does when she wakes up is light a cigarette," a source tells the website. "I don't think she's gone a day without smoking in years. This isn't something she can stop overnight. It's a serious condition.

METRO WORLD NEWS





paincantwait.ca





how to have fun

staying fit

of these top-notch books • Not only is reading good for your little ones, it's a great way to get them ready for school • Make reading a family activity

Books that will have kids coming back for more

The Short Second Life of Bree Tanner: An Eclipse Novella (Twilight Saga) by







Mockingjay (The Hunger Games Final Book) by





Collins The Red Pyramid (The Kane

Chroni

Book 1)

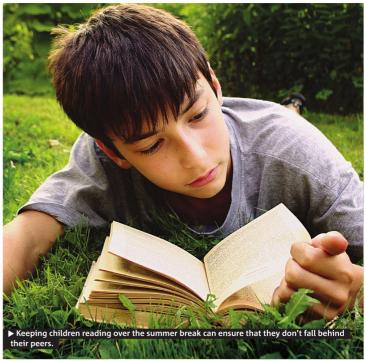
by Rick Riordan

cles,











Besoin de participants pour un projet : Formation et emploi pour immigrants francophones

Si vous êtes immigrants, sans emploi (ou sous-employé) et que vous n'êtes pas admissible à l'Assurance emploi, l'Université Sainte-Anne, Campus d'Halifax, présente un projet de formation offrant divers ateliers, dans le but de faciliter votre intégration au marché du travail

Ateliers offerts aux participants du 26 juillet au 3 décembre, 2010:

Des ateliers seront offerts gratuitement avant l'expérience de travail des participants retenus et viseront la préparation au marché du travail. Les ateliers d'une durée totale de 18 semaines incluront:

- Le développement du CV La lettre de présentation La préparation à l'entrevue
- La recherche d'emploi Introduction à l'informatique Français écrit au travail
- · Anglais au travail · Sécurité au travail

Expérience de travail rémunérée du 6 décembre, 2010 au 4 mars, 2011:

Une expérience en milieu de travail bilingue ou en anglais, rémunérée, d'une durée de 12 semaines. Noter que les expériences de travail vont dépendre des besoins des participants et de la disponibilité des employeurs.

Pour information:

Prière de communiquer avec la coordonatrice du projet. Elle se fera un plaisir de vous donner plus d'informations à ce sujet.

Sonia Losier, Coordonatrice du projet Université Sainte-Anne, Campus Halifax 1589, rue Walnut, Halifax, N.-É., B3H 3S1











Financé en vertu de l'Entente Canada - Mouvelle-Écosse relative au marché du travail

Summer key for learning

Studies on summer learning show that students who continue to learn over the summer have a considerable advantage when the next grade begins.

• Put those lazy summer afternoons to good use and get your child reading one

"By taking part in some form of learning during the summer, students maintain their academic momentum, and avoid falling behind in major subject areas such as math, reading, and comprehension," says Dr. Nick Whitehead, founder and CEO of Oxford Learn-

According to Whitehead, it's much easier for students to start a new school year having maintained their learning mo-

"Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades." DR. NICK WHITEHEAD

Learning tips

These tips from Oxford Learning help students of all ages and grades beat the summer learning brain drain.

- Visit the local library. The public library often has reading events and competitions that can motivate children to develop their reading abilities.
- Keep a journal or a scrapbook. Develop vocabulary skills by writing a

mentum, than it is to return to school unprepared.

Students who start the new school year ahead are more likely to stay ahead for the entire school year. They struggle less and are actively learning from day one," he says.

While most students balk at the idea of summer school, summer learning is more than just work for poor repair

paragraph about the day's activities. Write down the titles of books being read and any new vocabulary words.

▶ Practice time management. Students should continue to use an agenda or family calendar to keep track of their daily activities—whether it is

academic-related or not

Learn, enrol in a camp that has an academic element to maintain school skills all year long. NEWS CANADA

grades; it predicts better academic performance in

the coming school year.
"We need to change
the way that we think about summer and sumlearning," Whitehead.

Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades.

NEWS CANADA



Light, seasonal and make-ahead

Orange-Scented Eggplant and Couscous Rolls: Can be prepared up to two days in advance, covered and refrigerated.

Ingredients:

- 1 large eggplant (about 500 g/1 lb)
- 45 ml (3 Tbsp) extra-virgin olive oil, divided
- 2 oranges
- 2 ml (1/2 tsp) cinnamon • 1 ml (1/4 tsp) ground cardamom
- 15 ml (1 Tbsp) apple cider vinegar
- 250 ml (1 cup) water
- 175 ml (3/4 cup) couscous • 500 ml (2 cups) crumbled
- 500 ml (2 cups) crumbled
 feta cheese, divided
 60 ml (4 Tbsp) chopped
- flat-leaf parsley, divided

 Ground black pepper, to
- 250 ml (1 cup) prepared marinara sauce

Preparation:

- Heat oven to 220 C (425 F). Coat a baking sheet with cooking spray. You may need 2 baking sheets
- Trim both ends of the eggplant. Standing the eggplant on end. slice it

- lengthwise into slices 0.75 cm (1/3 inch) thick. Discard the end slices of skin
- Arrange slices on prepared baking sheets and brush with 30 ml (2 tbsp) of the olive oil. Bake until lightly browned on the undersides, about 10 minutes. Turn slices and continue baking until second sides are lightly browned and flesh is tender, 10 to 15 minutes longer.
- Meanwhile, to make filling, grate zest of half an orange, then juice both oranges. Transfer zest and juice to a medium saucepan. Add cinnamon, cardamom, apple cider vinegar, remaining 15 ml (1 tbsp) olive oil and water. Bring to a boil. Stir in couscous and remove pan from heat. Cover and let stand until liquid is absorbed. about 5

minutes.

- Uncover couscous and fluff with a fork, then let cool. Stir in 375 ml (1 1/2 cups) of the feta and 45 ml (3 Tbsp) of the parsley. Season with pepper.
- Coat a 3-l (9-by-13-inch) baking dish with cooking spray. Place about 50 ml (1/4 cup) of the couscous mixture at one end of each eggplant slice. Pressing with your fingers to compact the filling, roll up each slice and transfer them, seam-side down, to prepared dish.
- In a saucepan, heat marinara sauce. Drizzle marinara sauce over rolls. Cover dish tightly with foil and bake until rolls are heated through and sauce is bubbling, about 15 minutes. Sprinkle with feta and parsley just before serving.

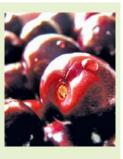
 THE ASSOCIATED PRESS

Superfood: Acerola Cherries

With one of the highest levels of vitamin C, acerola cherries are the ultimate summer superfood.

Overload on their goodness while you still can. Vitamin C is great for keeping the immune healthy and fighting off infections. Acerola cherries also contain carotenoids, a powerful anti oxidant, protecting cells from the damage of free radicals.

Carotenoids also help keep the immune system healthy and prevent Vitamin A deficiency.



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Offsetting your footprint

If you can't stand to live off the grid, you can find other ways to chip in



The average Canadian emits about 24 tonnes of CO2 per year. Many are working to reduce their carbon footprint, but conservation, commuting and other changes only go so far.

That's where carbon offsets come in. They allow you to pay — between \$20 and \$30 per tonne — for the carbon you emit. There's no financial return, but the money directly funds new technological breakthroughs that can clean up the atmosphere for everyone. Here are the basics of carbon offsetting:

How do carbon offsets work?

"You can purchase carbon offsets, and we then invest that money in clean technology projects," says Kari Grist, senior vice president of marketing for Offsetters, a private, for-profit company specializing in the carbon market. "If an organization like Group Aeroplan wants to be carbon-neutral — and they are — we have projects that sell carbon credits to us, which we then, in turn, sell to Group Aeroplan."

Who collects the money?

Offsetters is one of several companies offering carbon offsets. They also do extensive research to ensure the new technologies they fund really will reduce Canada's extensive carbon footprint.

Know your city

Fund Carbon offsets were front and centre when Nova Scotia celebrated the 40th anniversary of Earth Day. The provincial government recently introduced legislation to create a new and voluntary carbon offset fund to help reduce greenhouse gases.

"We take the funds, and give it to organizations that implement the new technology," Grist says.

"Often, these organizations can't fund a new technology on their own."

Where does the money go?

"For it to be a high-quality offset credit, there are standards that (a project) has to adhere to," Grist explains. "One is that the offset is real and permanent – measured by third-party validators."

Learn more at offsetters.ca

Queen of Greer

LINDSAY COULTER

SEND YOUR QUESTIONS TO
QUEENOFGREEN@METRONEWS.CA.
FOR MORE GREAT TIPS, VISIT THE
DAVID SUZUKI FOUNDATION AT
DAVIDSUZUKI.ORG



NOTHING FRESH ABOUT THESE AIR FRESHENERS

QUESTION: Air fresheners make me sneeze. What's in them anyways? Jacqueline, Summerland, B.C.

heir ingredients are of huge concern since many are made with formaldehyde (a known carcinogen), naphthalene (a suspected carcinogen), toluene (known to cause liver and kidney damage) and xylene (a neurotoxin). And to think air fresheners make up people's dai-

ly spritz and spray routine. More disturbing is how they work. Many mask an undesirable scent, but some use a nerve-deadening chemical that interferes with our sense of smell. Others coat your nasal passage with an oily film. Many air fresheners can trigger asthma attacks and affect our central nervous system. This is why going scent-free is so important.

Instead, rely on good ventilation, deodorize with baking soda or choose an essential oilbased, non-aerosol, ecofriendly air freshener.



By focusing their energy on conservation, Jennifer and Derek are saving money and helping the environment.

"Since purchasing our new R-2000 home with an air-source heat pump, we're saving over \$125 per month on our power bill. And we received a rebate for the pump."

Jennifer and Derek Verge, Antigonish

With our **EnerGuide for New Houses** rebates, we were happy to help Jennifer and Derek significantly reduce their power bill and environmental impact. Visit **nspower.ca/energuide** for details on the program's suggested energy upgrades and available rebates.

energy everywhere."



Is your job turning you into a zombie?



▶ Is the satisfaction you used to feel at your job is gone? ▶ Time for a change?

DREW HINSHAW METRO WORLD NEW

It happens gradually: A job that used to inspire you begins to tire you, one teardrop of boredom at a time.

"Sometimes, people realize that the job they were into at 19 is no longer of any interest or meaning to them," Fearless Career Change author Marky Stein notes.

The distinction to draw, she advises, is whether you're suffering from a fleeting disinterest with the workload at hand — or does your disillusionment burrow souldeen?

deep?
Chances are high, according to Career-Builder.com, that if you've weathered the recession in the same desk chair, you're feeling wiped out, disinterested, confused. The site says more than a quarter of all workers claim to be dissatisfied with their daily grind — the highest CareerBuilder adviser Allison Nawoj has seen it. It's a probable consequence, she speculates, of taking on "I never signed up for this" tasks like administration, accounting, and

Saving up

- For some people, work gets so unbearable they have to quit, even before landing a new job. But, before you leave make sure you've at least got some money saved up.
- Mathieu Paradis, a financial advisor with Ottawabased Wealth Strategies, says four months of savings works for someone with strong job prospects, but six months may be better if you're searching for your ideal job.
- If you know you want to leave in a few months, start saving now. "Put a bit of every paycheque in a short-term savings account so when you've had enough you have the financial freedom to change jobs."
 - BRYAN BORZYKOWSKI

other types of tedium that turn a job into a daytime snooze.

"A job should open you up, creatively, mentally, or physically," Nawoj boldly proposes. "If you feel that your job is taking away from your creativity, your mental well-being, or you're physically burnt out, it's time to step back."

OVERWORKED?

Work-life balancing

Do you ever wish there were more than 24 hours in a day? For lots of people, work-life balance is a never-ending battle with many things and people competing for our time and energy. While it's impossible to control all the factors that impact work-life balance, help achieve a better synergy by following these tips:

Slow Down. Life is simply too short, so don't let it pass you by. Take time to stop and enjoy the things and people around you. 2Use technology to streamline schedules. Don't overlook technology weapon to make the most effective use of your day.

Protect your personal time. Effective time management involves knowing when to shut things down.

Share the Load. You don't need to do it all. Really. Get your spouse or children to help you with your personal/family responsibilities.

5"no." Taking on too many tasks can be stressful and verwhelming. Learn to say no to things when there's too much on your plate.



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Prep your wallet for school

It's never too early to start planning your finances for the upcoming post-secondary year

It's not always easy to keep enough money in your bank account and maintain a good credit rating when you're a college or university student. In this age of consumerism when cell phones and brand-name goods are so popular, it may be difficult to tell the difference between needs and wants. But just like learning new math formulas or milestones in history, it's never too late to learn the basics of managing your personal finances.

Prepare a budget

Finances A budget will help you live within your means and avoid debt. Although it takes effort to prepare a budget, it will give you peace of mind.

If your financial obligations are keeping you awake at night, you probably need to spend more time on financial plan-

Prepare a budget and monitor your finances

Is the burden of a student loan too heavy? A budget is an excellent way to help you manage your finances, especially if you're having difficulty your re naving difficulty paying off your debts. Monitor your finances closely: Keep your bills and write down every-thing you spend each day for a couple of months. This will give you a better idea of how much money you take in, how much you spend and how much

With a budget, you'll no longer feel guilty if you



▶ If you have a budget already worked out for the upcoming school year, you'll feel less anxious about your spending

spend a few dollars at the movies or \$20.00 for a restaurant meal, because you will have planned these expenditures and will know that they will not prevent you from pay-

ing your credit card bill. You'll find a budget worksheet and informa-

tion on how to prepare a budget and avoid debt on tip sheets published by the Financial Consumer Agency of Canada, Making

a Budget and Sticking to ItandHow to Beat That Debt, available at money-

For July 9th B.o.B Ft Hayley Williams and Eminem - Airplanes Adam Lambert - If I Had You Usher Ft Will.I.Am - OMG Justin Bieber - Somebody To Love Jason Derulo – Ridin' Solo Eminem Ft Rihanna – Love The Way You Lie 30H!3 ft Ke\$ha – My First Kiss

Drake - Find Your Love **WE WANT YOU!**

Katy Perry Ft Snoop – California Gurls

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Money

How to gain financial independence in college

EDUCATION Learning independence is an important part of being a student and this includes being financially independent. 'Financial independence isn't about having a lot of money, it's about knowing you call the shots, says Kavita Joshi, director of Student Markets at RBC. "Independence means just that — having the autonomy to make informed decisions about your money.'

What are the key tips for financial independence? Joshi says it's a matter of learning to:

- Live within your means — understand how you spend, and make smart decisions that suit your needs and
- · Control what you can control - some expenses are out of your hands, but students have freedom over many others.

Let your tuition help you at tax time

Note how much money you are spending on tuition for the upcoming school year because you will be able to claim some of it next tax year

Detailed below are four essential tax tips for post secondary students of-fered by the Certified General Accountants of Ontario pertaining to tuition fees and education credits:

Full-time students may claim a federal credit of 15 per cent of their eligible tuition fees, plus an education credit of 15 per cent of \$400 per month in 2010. Students registered to attend part-time studies may also claim the tu-ition fee credit of 15 per cent of eligible fees; in addition, they may deduct \$120 a month toward the 15 per cent federal education tax credit.

Students with disabilities may be enrolled parttime to qualify for a full-time credit. Individuals with disabilities who are enrolled in approved Human Resources and Skills Development Canada (HRSDC) or equivalent provincial/territorial-approved training programs



can also deduct those related expenses

The education tax credit also applies to students who are pursuing career-

post-secondary related. education at their own expense (e.g., the CGA prostudies). NEWS CANADA

Taking control financially

"Taking control of your finances means a little upfront planning with a budget," savs Kavita Joshi, director of Student Markets at RBC

- Joshi recommends students use tools like RBC's Better Student Life website (to learn about money management), and Student Budget Check (to calculate what you can spend to get through the school year). You can find this information at
- betterstudentlife.ca. She also notes that you should decide when and how to take on debt — if you have some student debt, consider the level you're comfortable with and how it influences your spending

NEWS CANADA

Urban farm shows agricultural roots

● Urban Farm Museum Society uncovers Spryfield's buried farming traditions ● Long Lake, along Old Sambro Road was Mi'kmaq fishing and hunting area

JON TATTRIE FOR METRO HALIFAX

Spryfield was founded around 1770 by Captain William Spry. He bought a parcel of land on the western frontier of the new city of Halifax and made it his home, with the help of a few soldiers.

Spry left his field and returned to England in 1783, but he left behind his name and a strong agricultural, outdoorsy tradition that makes the area worth a visit today.

While pavement and concrete had pretty much buried the community's farming roots by 1996,

On the arts

- For the arts, the Theatre Arts Guild calls the Pond Playhouse home.
- Located just outside of Spryfield at the end of the Williams Lake Road, it's Canada's oldest continually operating community theatre and has about five shows a year.
- It's currently auditioning for The Odd Couple: The Female Version.

4,400

The population of Spryfield.

that didn't stop resident Michele Raymond from dreaming of an urban-gardening rebirth.

She pitched the idea of forming the Urban Farm Museum Society, an active farm that could preserve and display the community's agricultural heritage.

With community support Raymond, who is now the area's MLA, finally made it happen in 1998. The UFMS is a working

The UFMS is a working farm that produces food, teaches people about farming and deepens Spryfield's famous sense of community.

Visitors can check out the farm tucked in amongst a grove of trees on the Kidston's traditional farm field at the corner of Rockingstone Road and Ardwell Avenue. You can reach them via urbanfarmspryfield.com.

The Mi'kmaq, who lived in the area now called Spryfield for thou-



sands of years, hunted and fished at Long Lake, accessible along Old Sambro Road. Today it's a popular swimming spot, and a place to paddle a canoe or kayak. With limited access (the other main entry

point is across the lake on St. Margerets Bay Road), there are rarely any motorized boats in the lake, making for a quiet break from the city.

For a quick and delicious meal, grab a slice at Thornhill Pizza at 407 Herring Cove Road.

The eatery has been in the same spot for more than 30 years, serving up donairs, pizza, lasagna, seafood and hot sandwiches.

Reader's comments

Metro asks Spryfield residents what makes living here great.









Brian Cameron

It's close to nature. We've got the woods, lots of nature trails and lakes for swimming.

Joan Alexander

There are a lot of awesome people out here.

Isaac Hawley

It's convenient.

Steve and Kathy Daigle

It's home. We grew up here.



A great place to do business



Spryfield's strategic location between urban core and growing suburbs ideal



The business community of Spryfield unjustly suffers from an image problem that it isn't a great place to do business, say many in the community.

"Come on out and have a look for yourself," says city councillor Steve Adams. "Don't believe what you read, don't believe what you hear."

He encourages those people who have doubts about doing in business to talk to people who live and work in Spryfield, as well as those who operate businesses there.

A 2007 report by the Greater Halifax Partnership identified a number of advantages to setting up shop in Spryfield. They included its strategic location "between the urban core of Halifax and the fastest growing suburban residential areas," lower commercial leasing costs and excellent transportation infrastructure.

One proponent of doing business in Spryfield is Iris Shea. Up until five years ago, she and her husband

8% the annual cost savings of operatin

savings of operating a contact centre/back office operation in Spryfield versus the greater Halifax area, according to a 2007 report by the Greater Halifax Partnership.

"What we would like is to get some government offices there [in the Spryfield Shopping Centre] ... It's more convenient, it's on bus routes."

STEVE ADAMS, CITY COUNCILLOR

owned the Subway on the Herring Cove Road. It was one of three Subways she and her husband owned and operated.

"Everybody said it would never fly," she recalls regarding the pessimism she encountered from people outside of Spryfield.

Shea and her husband ran the business from 1993 to 2005.

"It was a very good business for us," she says, adding it was one of the busiest locations in Metro.

The business community in Spryfield is continuing to get better, says Adams.

"Up to five years ago, there were a number of boarded up buildings," he says. "Fast forward to today, there are no boarded up buildings in Spryfield. There are two vacant lots on the Herring Cove Road Admir store
SUPERSON

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H&R BLOCK

Formerly known as the South Centre Mall, The Spryfield
Shopping Centre is in the heart of Spryfield's business
district.

and both of those have been purchased with the hopes of development. The Spryfield mall has been purchased. Right now, all of the retail space has been accounted for and there's some office space available. Most of the other buildings are at capacity."



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Affordability big draw

The average house price in Spryfield is \$168,000 -that gets you a home in the Herring Cove area



Spryfield is one of the most affordable residential areas in the Halifax Regional Municipality, offering basic real estate access and pretty, waterfront properties for those who want to spend a bit

Marco Di Quinzio, a.k.a. "the Friendly Agent," says clients who buy in Spryfield usually approach him with a budget and a list of important features like being on the Halifax side of the har-"They want more house for less money," he

Entry level prices along the Herring Cove Road and

The average age of a Sprvfield resident

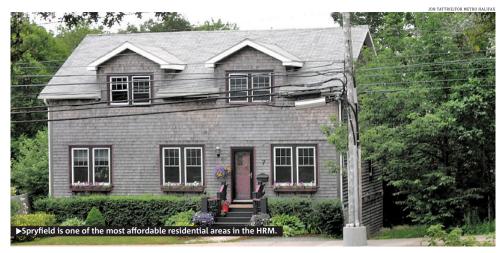
"There's a lot on the market for resale."

MARCO DI QUINZIO, THE FRIENDLY

near the Canadian Tire mall can be as low as \$129,000. with the average entry-level home in the Herring Cove costing \$168,000.

That will get you a two-to-four-bedroom house that was built in 1980 or before. "They've got little lots and a lot of them are a storey and a half," he says. "I call them Monopoly houses.'

Houses on Pine Grove Drive or Withrod Drive are moving into the mid-range on streets connecting ultimately to Armdale Drive. Those bigger houses cost in the neighbourhood of \$200,000. "There's a lot on the market for resale," Di Quinzio says, "and when I look at new construction, it's booming."



A quick check of the Guaranty GMAC Real Estate realtor's computer reveals 57 new-built homes on the Spryfield. market in They're almost all three bedrooms and the average price is \$260,000," he says. "That's pretty impressive."

Silver Estates subdivision from down Michael's Church and the Sobeys Mall is another highend area, with \$230,000 buying you a new construction, three-bedroom home.

Kidston Estates, near Elizabeth Sutherland School, offers homes at the high end of the price scale, with houses going for \$300,000 and up. "There are some really, really nice homes there with attached garages and quite large lots," Di Quinzio says.



Pathways to education success

A program, starting in Spryfield this year, aims to help students stay in school with financial incentives and academic support.

Pathways to Education is a community-based charity founded in 2001 in Toronto's Regent Park. The Spryfield operation, which covers residents of Herring Cove Road from Princeton Avenue to Cowie Hill, is the first in HRM.

"It's about providing as much opportunity for youth in the zone as possible."

. KEVIN YOUNG. PATHWAYS PROGRAM DIRECTOR

Program director Kevin Young says they are registering students now.

"What we're trying to accomplish is to help reshape the community from a number of different health determinants," he says. "It's about providing as much opportunity for youth in the zone as possible.'

He says area statistics for 2003 to 2006 show students slated to graduate by 2009 had a drop-out rate of 46 per cent. "I would hazard to say there are areas [in HRM] that are going to be equally as high and many areas that are going to be lower.

Pathways to Education says in other areas it has operated, high school dropout rates have fallen from 56 per cent to 12 per cent.

Young says the free program is open to every student in the area who is entering Grade 9 and who might be at risk of not completing school.

O JON TATTRIE/FOR METRO HALIFAX





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Catch the wave

when looking for some fun

Spryfield Lions wave pool the main attraction in town



When looking for things to do in the Spryfield area, a lot of the opportunities revolve recreation. around

"There's all kinds of trails through the woods, but the newest trail is right along the McIntosh Run," says city councillor

Steve Adams.
"It starts from River Road and goes right in behind the rink and the high school and the plans are to have that connected down to Herring Cove at some point in time." But the crown jewel of

opportunities can be found at the Captain William Spry Community

The year the Captain William Spry Community Centre opened

"There might be a couple, but we have the best one." CITY COUNCILLOR STEVE ADAMS ON THE NUMBER OF WAVE POOLS IN

EASTERN CANADA Centre, which houses a library, weight room and

its marquee attraction, a wave pool.
"It was first developed in the mid '80s and it was

the first of its kind in East-ern Canada," says Adams. The pool features a four lane, 25-metre lap

area and the waves range in height from .5 metres to 1.5 metres. There is also a 6,000

square foot skateboard park located outside of the Centre.

Spryfield also has a rink, the Spryfield Lions Rink. Attached to it is a recreation centre, which can be used for a variety of purposes.

It's nearly full size for basketball," says Adams. ... But you can play ball hockey, badminton, vollevball... and I know the Majorette cheerleaders all practice in there."

For the bowling enthusiast, the Spryfield Bowlarama offers open lanes, league play and bumper bowling, but cosmic bowling on Friday and Saturday nights is a popular option.

"It's black lights and disco lights and music," says employee Sherri Mer-

ritt.

"We have a lot of things that glow on the walls and those light up," she adds. "The carpet in the arcade is a glow carpet, so it lights up. It gives it a pretty neat effect.

The arcade has redemption games, meaning players get tickets for playing then can redeem those tickets for prizes.





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J.L. Ilsley High School





A grand old place

The first school in the area opened in 1859 and Elizabeth Sutherland was the teacher. It was a Church of England School, so it acted as both a church and school.

The first public school opened on the Herring Cove Road in 1893.

That same year, the Pinegrove Hotel was constructed by William Topple of Halifax, who was Shea's grandfather.

"It was a destination



for fishing and hunting and I think maybe my grandfather realized that

there was a need for the hotel," says Shea. O RICHARD WOODBURY

Did you know?

- Spryfield's history dates back to between 1766 and 1771 when nine adjacent 500-acre lots were granted to Europeans of German descent who were established in the Halifax area. The lots were known as Leiblin Manor and were named after Henry Leiblin,
- one of the grantees. In 1848, Long Lake became the water source for Halifax and remained part of the watershed until 1966. After the Second World
- War, the population of Spryfield grew dramatically as inexpensive land drew more and more people to the area.



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ven though the Edward Jost Children's Centre is celebrating its 100th anniversary this year, its roots of educating young people go back almost 150 years.

In 1868, the Jost Mission was established on Brunswick Street (across from the Old Town Clock) by Edward Jost at his own expense. One of its main purposes was the education of young women and children.

Feeling it was important to support working, single, low income mothers, the Jost Mission Church provided child care to these ladies while they worked. The caretakers were originally volunteers who came from a variety of churches in the Halifax area.

In 1910, a nursery school and after school program was opened, creating the first documented day care centre in Nova Scotia.

The day care remained at the Brunswick Street location until 1978. At this time, the facility was sold to make room for the Halifax Metro Centre and moved to the Bethany United Church on Joseph Howe Drive.

In 1988, the day care became incorporated as a non-profit centre.

The following year was a big year for the Jost

Mission Day care. It changed its name to the Edward Jost Children's Centre and its presentday facility at 7 Mont Street in Spryfield was also constructed.

Last year was another monumental year for the Centre. It was approved for a \$1.5 million facility expansion. This facility will be housed adjacent to the existing location. Construction of the new facility is expected to start in September and the plan is for it to open in May 2011.

The new facility will allow the Centre to more than double its capacity of children. Currently, it is able to accommodate 52 children, but it will now be able to add an additional 54.

One hundred years after became recognized child care facility, the Edward Children's Centre is still the leader providing high-quality child care.

Edward Jost Child Care Legacy Award

As a part of its 100th anniversary celebrations, the Edward Jost Children's Centre has created the Edward Jost Child Care Legacy Award. This award recognizes the efforts and dedication of its nominees who have worked hard to provide services to children and

families in their communities and improve the child care sector in Nova Scotia. Nominees for the award can include child care centres, individuals, practitioners and associations. The first recipient of the award is the Jost Mission



These are just a few of the happy children who attend the Edward Jost Children's Centre

Edward Jost Children's Centre

GOALS

We believe parenting to be the most important job there is. Our warm and friendly staff, all of whom have completed training programs in Early Childhood Education, are interested in helping you promote your child's full development through a happy and safe environment with opportunities for active learning and play.

PROGRAMS

- · An inclusive preschool and toddler program
- · Emergent Curriculum
- · A choice of activities, some directed by the teacher and others chosen by the child
- · Sign language for all ages
- Preschool introduction to French
- · Music program for all age levels
- · Both indoor and outdoor learning experi-
- · Regular field trips and outings
- · A supervised rest period on a daily basis
- · Nutritionally balanced meals and snacks

1910 - 2010



FACILITIES

- · Architecturally designed building for Early Childhood use
- · Four sunny, spacious unit rooms with direct access to two outdoor enclosed play areas
- Two new playgrounds
- · Large indoor exercise gym
- · Areas for sand and water play in each room
- · Library and quiet areas
- · Creative arts and dramatic play
- Wheelchair accessibility

EXPANSION: ANTICIPATED DATE OF **OPENING MAY 2011**

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A LEADER IN EARLY CHILDHOOD EDUCATION

he Edward Jost Children's Centre is a leader in Early Childhood Education and one of the reasons is its commitment to inclusion. This means all children are welcome at the Centre. There is also an Inclusion Coordinator whose job is to make sure that all children get the care they deserve.

"She can work with anybody that might need that extra little bit of help," says Kelly Arsenault, the Assistant Director of the Centre.

This inclusion also exposes the children to different cultures and children with special needs.

"It teaches them empathy, tolerance and acceptance," says Arsenault.

"Our goal is to provide a nurturing caring environment that is focused on the children. Children who feel secure have a greater opportunity to grow and develop at their own pace."

With its emergent curriculum which balances activities chosen by the children and supported by the teacher, the children are fully engaged in the learning process and are challenged.

"Children need to be challenged and moved up to the next level," says Arsenault. "Here, they are constantly challenged."

"You must remember that it is the children's journey and that the teachers are there to guide them along their way," she adds.

The Centre is currently open to toddlers and preschoolers between the ages of 18 months and five years.

Some of the neater aspects of the curriculum are that sign language is taught to all of the children and children also study French and do gymnastics and yoga.

The Centre also provides learning opportunities outside of the facility, including field trips to museums and senior centres.

"Having a variety of experiences sets them on the right track," says Kathleen Couture, the Executive Director of the Centre.

As a non-profit centre governed by a Board of Directors, 100 per cent of the revenue is used for the children, facility and staff, ensuring the number one priority is the quality education of the children.

The staff is highly trained and most have completed training programs in Early

Childhood Education. The staff is also highly experienced as most staffers have extensive experience in the industry and some employees have worked at the Centre for 20 years.

"They're a phenomenal group of people," says Arsenault.

The staff has a very strong bond with the children and their families.

"The families appreciate us as a centre, as an educational facility and as an extended family," says Couture.

The facility itself was designed for use as an early childhood education facility when it was built in 1989. The bright and sunny facility features spacious rooms as well as access to two outdoor enclosed play areas. In every room, there are areas for sand and water play.

The Centre's motto is "Today's Children are Tomorrow's Future" and they believe in helping to provide the best possible future for everyone. They all firmly believe that every child has the chance to become Prime Minister one day.

Mission statement and core values

Mission statement:

The Edward Jost Children's Centre works with families to provide a high quality preschool program through play and active learning.

The Centre operates on three core values:

- **1.**Enhancing the social, physical, cognitive, and emotional well-being o each child.
- **2.** Establishing positive communication with parents, guardians and family members.
- **3.** Fostering exploration, creativity and problem solving. opening this Saturday, the Tacoma Drive location is offering patrons a chance to win their purchase, as well as a grand prize of free glasses for life.



Learning sign language is part of the curriculum at the Edward Jost Children's Centre. Executive Director Kathleen Couture and Assistant Director Kelly Arsenault say hi!

Congratulations Edward Jost Children's Centre on your 100th Anniversary



Nova Scotia College of Early Childhood Education is moving!



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"Spain deserves this triumph and this World Cup. I think this goes beyond sport. We have been supported by all the people in Spain and we're delighted to give them this victory."

> VICENTE DEL BOSOUE. SPAIN COACH

"We are angry that we lost because we came so close. I know you cannot blame others. but the ref was more favourable to Spain."

DIRK KUYT, NETHERI.ANDS FORWARD



Spanish reign over World Cup

Spain only third team to be European champ at the same time



Spain's place among world soccer's all-time greatest teams was assured yesterday when Andres Iniesta scored with four minutes of extra time remaining to beat the Netherlands 1-0 and clinch his country's first

World Cup.
With the teams facing a penalty shootout after an often ill-tempered game of few clear chances, Iniesta collected a sliding pass into the area from substitute Cesc Fabregas and smashed the

ball across goalkeeper Maarten Stekelenburg and in at the far post. The goal clinched Spain's fourth straight 1-0 victory in South Africa and made the team only the third to be world and European champion at the same time.

"This really is quite a cup," Spain goalkeeper Iker Casillas said. "The European Championship was the most important

Message

When he scored, Andres Iniesta remembered former teammate Daniel larque.

- Iniesta took off his blue Spain jersey to reveal a white T-shirt bearing the words, "Dani Jarque: Siempre con nosotros" — "Dani Jarque: Always with us."
- Jarque collapsed and died at the age of 26 on a preseason tour of Italy last

moment of our lives, but today is much bigger than anything else.'

At the final whistle, the Spanish players hurried to swap their blue shirts for their more familiar red colours in time to collect the trophy.

They donned shirts decorated with a single gold star to mark their triumph, becoming the eighth nation to receive the honour in the tournament's 80-year history.

"I can't quite believe it yet," said Iniesta, who was voted man of the match.

"I had the opportunity to score that goal which was so important to my team. It's something ab-solutely incredible. I simply made a small contribution to my team in a match that was very rough."

THE ASSOCIATED PRESS



Ugly play fails to lift Netherlands to title

The Dutch were bent on showing that they could win ugly for their first World Cup title, but they only got the ugly part right.

With eight yellow cards, one red and endless arguing that even spilled over beyond the final whistle, the Netherlands lost much more than 1-0 to Spain in the final — it lost a lot of its credibility as creative masters as well.

Netherlands coach Bert

Defender John Heitinga became only the fifth man to get a red card in World Cup final when he was sent off in extra time yesterday.

van Marwijk has taught his team to win ugly when it needed.

"I would have loved to win it with football that is not so beautiful," he said. THE ASSOCIATED PRESS



Sports in brief



Webber takes British GP

F1. Mark Webber cruised to his third Formula One victory of the season yesterday after overtaking Red Bull teammate Sebastian Vettel on the opening lap of the British Grand Prix

THE ASSOCIATED PRESS

Als score first win of season

CFL. Jerald Brown's interception return for a touchdown was the difference as the Montreal Alouettes got their first win of the season yesterday, defeating the Edmonton Eskimos 33-23 to move into a three-way tie for first place in East Division. THE CANADIAN PRESS

World Cup in pictures

1. LUCA BRUNO/THE ASSOCIATED PRESS
2. BERNAT ARMANGUE/THE ASSOCIATED PRESS
3. ARMANDO FRANCA/THE ASSOCIATED PRESS
4. MATT DUNHAM/THE ASSOCIATED PRESS
5. MARTIN MEISSNER/THE ASSOCIATED PRESS





Dutch player Wesley Sneijder reacts after yesterday's loss. A perfect season for Sneijder turned sour, minutes from its conclusion. Instead of a perfect sweep of Italian league, cup, Champions League and World Cup titles, the biggest game of the year escaped him.

Spain goalkeeper Iker Casillas kisses the World Cup. "This really is quite a cup," Casillas said.

A Spanish fan displays a body painting of octopus oracle Paul on his back in Madrid. The octopus from Germany correctly forecast Spain's victory.

Spain's Andres Iniesta celebrates after scoring the game-winning goal. Iniesta arrived in South Africa struggling after an injury-plagued season.

Former South African President Nelson Mandela waves next to his wife Graca Machel as they are driven across the field ahead of the World Cup final. Mandela had kept a low profile during the tournament, having decided against attending the opening game following the death of his great-grand daughter. THE ASSOCIATED PRESS

Armstrong's hopes die in France's Alps

• Crashes and a fall leave seven-time Tour de France champ in 61st place • Armstrong insists he's healthy

Close the book on the Lance Armstrong era at the Tour de France. He has.

The record seven-time champion wrote off his chances of victory in his 13th and last Tour, signalling the beginning of the end of one of the most celebrated and controversial careers in cycling history.

The 38-year-old Texan's hopes for yet another title were dashed yesterday after he got caught in three crashes — one of which brought him down — and struggled to keep up during two tough climbs in Stage 8, the race's first foray into the Alps. He and his team said his hip got banged up, keeping him from pedalling hard.

The stage was won by 25year-old Andy Schleck of Luxembourg, and Armstrong finished nearly 12 minutes back, in 61st place.

minutes back, in 61st place. World champion Cadel Evans of Australia took the yellow jersey by finishing 10 seconds behind Schleck, but well ahead of overnight leader Sylvain Chavanel of France.

"My Tour is finished," said Armstrong, who fell to 39th overall.

The stage was a poignant, if agonizing, coda to Armstrong's unlikely bid for an eighth Tour victory in the second year of his comeback after a three-and-a-half-year hiatus. In his prime, he made his mark in the mountains, pulling away from his competitors there

THE ASSOCIATED PRESS



JACKSON DEFENDS LEBRON

Cavs owner slammed

Jesse Jackson criticized Cavaliers owner Dan Gilbert yesterday, saying Gilbert sees LeBron James as a "runaway slave" and that the owner's comments after the free-agent forward decided to join the Miami Heat put the player in danger. Shortly after James announced his decision last week, Gilbert fired off an incendiary letter to Cleveland's fans, ripping the 25-year-old and promising to deliver a title before James wins one.

He called James' decision "cowardly" and later told The Associated Press he believes James quit during a handful of Cavaliers playoff games.

Jackson said Gilbert's comments were "mean, arrogant and presumptuous."

THE ASSOCIATED PRESS

Drag racer becomes

third to die

A 60-year-old drag racing driver became the third person to die at an NHRA event this year when he crashed after crossing the finish line during his semifinal heat at the Northwest Nationals yesterday.

terday.

Mark Niver of Phoenix
was competing in the
NHRA Lucas Oil Drag Racing series. THE ASSOCIATED PRESS

Creamer wins her first LPGA major

Paula Creamer wondered a few months ago if she would ever play golf again the way her badly injured left thumb was hurting.

What she couldn't have possibly guessed is she would play like this.

Creamer shed the title of best women's golfer to not win a major, never wavering during a four-shot victory yesterday at the U.S. Women's Open, in which she put away a field that couldn't match her confidence or consistency.

Creamer started with a three-stroke lead, then never let it go below two shots during a 2-under 69 that gave her a 3-under 281 for the tournament. Na Yeon Choi of South Korea shot a 5-under 66 at a softened-up Oakmont Country Club to tie Suzann Pettersen of Norway for second place at 1-over 285.

THE ASSOCIATED PRESS

Mauer a go for all-star game

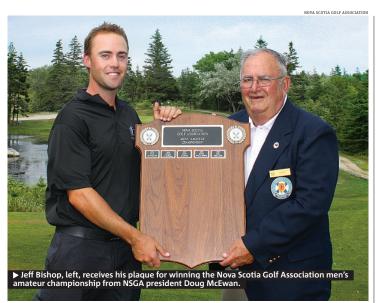
To heck with his banged-up shoulder, Joe Mauer is headed to the all-star game. Or rather, the all-scar game.

Atlanta rookie Jason
Heyward became the latest guy to join the dropout
list yesterday. NL manager
Charlie Manuel wanted
Billy Wagner as a replacement — no good, the
Braves closer passed
because of a sore ankle.

Mariano Rivera, Chase Utley and Dustin Pedroia already were sidelined for tomorrow night's game at Angel Stadium. Then achy All-stars Justin Morneau and Jose Reyes announced this weekend they were out.

Mauer will play, although the Minnesota catcher sat out yesterday's game at Detroit after recently taking three foul tips off his right shoulder. THE ASSOCIATED PRESS





Bishop wins **NSGA** amateur championship

• Golfer birdies first playoff hole to take tournament • Four-time champ Leon Carter fades in final round



Halifax's Jeff Bishop squeaked out his first Nova Scotia Golf Association title in a sudden-death playoff on Saturday.

Bishop, who golfs out of Springhill, made a birdie on the first playoff hole — a par-4 — to edge Ashburn's Glenn Robinson for the NSGA men's amateur title at the River Hills Golf and Country Club in Clyde River, Shelburne Co.

Number of NSGA women's amateur championships for Clare's Mireille LeBlanc after she won the 2010 event on her home course on Saturday. Ashburn's Debi Karrel won the senior women's title.

Bishop and Robinson were tied through 72 holes, each carding plus-

The 29-year-old Bishop started the day six strokes behind the leader, four-time champion Leon champion Carter, but benefitted from Carter's final-round 10-over 82 to make up the deficit.

Bishop and Robinson locked up spots on the provincial team and will compete at August's Willingdon Cup national championship in London, Ont. Carter declined his spot, leaving Eric Banks of Truro and James Holland of Ken-Wo to win the final spots via a playoff.

Dunbrack wins to keep pace with Suburban

It continues to be a two-horse race atop the men's Nova Scotia Soccer League

Premiership. Halifax Dunbrack City Mazda racked up its eighth win of the summer on Saturday with a 2-0 victory over the Highland Knights, improving to 8-2 for 24 points.

That puts Dunbrack in a first-place tie with Suburban, also 8-2.

Dunbrack has lost in three straight provincial finals while Suburban is a new entry in the Premier-

The two teams are scheduled to meet each other on Sunday, July 25 at Weir Field.

Defending champion Halifax City Elephant and Castle lost 2-0 to Cape Breton on Saturday and is fifth with a 4-4 record.

METRO HALIFAX

Dunbrack brothers chase goal lead

Lower Sackville's Devereaux brothers are in the chase for the Gold-

Defending winner Ali, with six goals, and multi-time winner Ryan, with seven, are on a tear with Halifax Dunbrack halfway through the season

Ryan is back in the league after several years away. Suburban's Mesut

Mert leads the Premiership in goals with nine tallies. METRO HALIFAX

Standings

NOVA SCOTIA SOCCER LEAGUE PREMIERSHIP

MEN									
	W	L	Т	Pts					
DUNBRACK	8	2	0	24					
SUBURBAN	8	2	0	24					
CAPE BRETON	5	3	2	17					
DARTMOUTH	5	2	1	16					
CITY	4	4	0	12					
VALLEY	2	5	1	7					
HIGHLAND	2	6	0	6					
COUNTY	0	10	0 (
WOMEN									
	W	L	Т	Pts					
DUNBRACK	5	1	1	16					
DARTMOUTH	5	1	0	15					
CAPE BRETON	3	2	2	11					
HIGHLAND	3	3	0	9					
VALLEY	2	4	1	7					

0 **Scoring leaders**

Danielle MacDonald, High 5 Nicholle Morrison, Dart

SUBURBAN

COUNTY

Football tourney underway

Nova Scotia pulled off a 27-24 victory over Alberta on opening day of the under-18 Football Canada Cup in Wolfville yesterday.

Wide receiver Duncan Coady was named offensive player of the game with three receptions for 63 yards and two touchdowns plus a crucial 94-yard kick return.

Derek Brown hauled in the game-winning points with 55 seconds remaining on a 19-yard pass from Jesse Mills. METRO HALIFAX

Hillier gets shipped to Anaheim

Ryan Hillier of Hammonds Plains was traded from the New York Rangers to the Anaheim Ducks over the weekend. Hillier, a third-round

draft selection in 2006, was a minor-league addition to the Rangers' swap of forward Aaron Voros for defenceman Steve Eminger

Injuries limited the 22year-old former Halifax Mooseheads star to just 26 games last season, mostly in the East Coast Hockey League. He had just seven

METRO HALIFAX

Dartmouth paddlers win big

Dartmouth natives Hannah Vaughan and Jenna Marks were the big stars on the final day of Canoe-Kayak Canada's Atlantic Division international sprint canoekayak invitational on Lake Banook.

Both won four gold

medals on Friday. Vaughan won gold in the under-23 open women's K-1 and K-2 200and 500-metre races. Marks did the came in the C-1 and C-2 200 and 500.

Team Atlantic won the points title with 1,514. METRO HALIFAX



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AHL president to stay on

David Andrews will continue to run the American Hockey League through 2015.

The league president was given a five-year contract extension on Friday, keeping the Windsor native and Dalhousie University graduate in a job he's held in 1994.

He's the second-longest serving president in AHL history behind Jack Butterfield.

"During his tenure, the AHL has become a critical step on the career path for virtually every young player en route to the NHL," said Rick Pych, governor of the San Antonio Rampage.

"We are all thrilled that Dave will continue to lead us through the exciting years that lie ahead."

The AHL will reach an all-time high of 30 teams next season. Since Antook over, the league has expanded outside of its traditional base on the Atlantic seaboard and recorded record attendance numbers.

Prior to working for the AHL, Andrews served as general manager of Ed-monton's AHL affiliate, winning the Calder Cup in 1993. He is a member of the Nova Scotia Sport Hall of Fame.

THE CANADIAN PRESS

Scores

MAJOR LEAGUE BASEBALL

Yesterday's AL results

Boston 3 Toronto 2 Baltimore 6 Texas 1 Chicago White Sox 15 Kansas City 5 Minnesota 6 Detroit 3 Oakland 15 L.A. Angels 1 Seattle 4 N.Y. Yankees 1 Tampa Bay 6 Cleveland 5 (10 ings)

Yesterday's NL results

Florida 2 Arizona 0 L.A. Dodgers 7 Chicago Cubs 0 Milwaukee 6 Pittsburgh 5 N.Y. Mets 3 Atlanta 0 Philadelphia 1 Cincinnati 0 San Diego 9 Colorado 7 San Francisco 6 Washington 2 St. Louis 4 Houston 2

KISS

Crossword

Across

- 1 Cleopatra's snake 4 Eccentrically foolish
- 9 Hockey legend Bobby

15

21 22 23

25

31

36

45 46

48

- 12 Sticky stuff 13 Related on the
- mother's side 14 Actor — Gossett
- 15 Tradition-al
- 17 Slight touch 18 Raw rock
- 19 Cool and damp
- 21 Temper 24 Caffeine-rich nut
- 25 Language suffix 26 "A mouse!"
- 28 Squander
- 31 Stitches
- 33 59-Across fraction
- 35 Remain 36 Boat for one
- 38 Petrol
- 40 out a living 41 Partially mine
- 43 Swerved 45 Hollywood's
- "Platinum Blonde" of
- 47 Altar constellation
- 48 Annoy 49 The Garden State
- 54 Shelter
- 55 Ancient theatre
- 56 Paid player 57 Paving material
- 58 Ms. Witherspoon 59 Japanese money

Down

- 1 Past 2 Note between fa
- and la 3 Pea holder
- 4 Edict
- 5 Belongs naturally

54 6 Confucian princi-

- 7 Wall Street wares 8 Cowardly 9 17th-century artist,
- perhaps 10 Wander
- 11 Red gem 16 Turf 20 "Oh. woe!"
- 21 Dilbert's furniture 22 Cruising 23 With "The," mag-
- azine first published in 1925
- 27 Small harrel 29 Seize

30 Black- — peas 32 Author Bellow

13

26

37

49

55

58

33

42

16

18

32

41

- 34 Arizona tribe 37 Money for 42-Down
- 42 Stockholmer, for
- 44 Listenina device 45 Sword handle 46 Vicinity
- 50 Tiny
- 51 Secret agent 52 Before 53 Thithe

➤ Yesterday's answer

14

17

40

51 52

56

59

29 30

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50

Н	Α	М		М	Е	Т		M	Α	1	N	E
Е	Т	Α		Е	М	U		Τ	Ν	D	Т	E
Α	R	С		S	Α	Т	Τ	N	D	0	L	L
٧	1	Α		Н	Т	Т	С	Н				
Υ	Α	W	\$		L	Τ	Ε		Р	0	D	s
			L	Е	S		D	Е	L	U	D	E
Α	W	F	U	L				Α	0	R	Т	Α
Т	Н	1	Ν	Κ	S		В	U	Υ			
Т	0	Ν	G		Н	U	Е		S	Α	S	Н
				Е	Α	S	Т	S		С	Н	Α
R	0	Α	L	D	D	Α	Н	L		Т	Α	R
Е	Ν	٧	0	Τ		G	Ε	Е		0	R	R
П	0	F	Q	т		F		n		D	F	$\overline{}$

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

4		3		7	8			5
	2		9					7
	7		5				4	
1							2	
		2	8		3	5		
	6							1
	9				6		5	
8					5		1	
7			3	9		4		
			-			-		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy birthday, Litu! Thanks for being part of my life, baby. I will love you more, every single day of my life.

Matt your the best I ever had. I couldn't bare to lose you. Ill love you forever and ever, TASH

Dear Stefan, You've completely taken over my heart, and I cherish every moment we spend together. I know I say this every day, but here it is again; I love you now and forever, and I can't wait to see what the future holds for

LOVE MELISSA

My Angelina Ballerina, I'm so proud of you today. You did well in your first ballet class. Hugs from Mama! MAMA FE







6 7 2

5



5

3 1 4

1 4 9 5 2 8 6 7 3

9 4 7

7 8 1

8 9 5

3 8 1 7 4 2 6 9

1 4 3 6 2 7

6 1 3 9 4 5

2 3 6 5 9

4 5 9 1 8

5 6

2 7

9 5

6 3

4 8 1



Wednesday 28°/ 22°

Today's horoscope

T Aries March 21-April 20 Keep your plans to yourself today, and keep people who try to nose into your private affairs at arm's length.

¥ Taurus April 23-May 21 Any doubts you may have had about what you are planning to do with the rest of your life will now disappear. Don't worry that the journey ahead looks tough — just put one foot in front of the other and keep walking.

II Gemini May 22-June 21 The odds are most definitely in your favour at the moment, so make things easy for yourself and swim with the tide rather than against it. Do you know where you are going? Do you care? The mystery is part of the fun.

Cancer June 22-July 22 Are people taking advantage of your easygoing nature? Maybe, but if it isn't causing you any particular harm why worry about it? There is no point getting angry with peonle who take a little bit.

Ω Leo July 23-Aug.23 You can sense that something dramatic is going to happen. What that something might be is impossible to know for certain but, whatever it is, it will be fun.

M Virgo Aug. 24- Sept. 22 You might like to change the world but that simply isn't possible. You can, however, change yourself, and that should be your number one aim over the next few days. Be a good ex-

← Libra Sept. 23-Oct. 23 What seemed like a setback a few days ago now looks completely different, which only goes to show how foolish it can be to jump to conclusions. Life is good and getting better

M Scorpio oct. 24-Nov. 22 You cannot avoid your responsibilities. Not that you want to, of course. Employers and other important people will be hugely impressed by your commitment.

by the dav.

Nov. 23-Dec. 21 Your power to change things may be limited at the moment but there is no need to get frustrated about it. It won't be long before you are

り Capricorn Dec. 22-Jan. 20 If you want something enough you can find a way to get it. Do you believe that? You should. because belief is the first step to making it happen. The second step is to have a plan.

Aquarius Jan. 21-Feb. 18 Someone you are close to feels a little bit neglected and you really should do something about it. Find ways to remind them what they mean to you.

⊢ Pisces Feb. 19-March 20

The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. Does that mean you can try anything? It most certainly does. Gets you thinking, doesn't it. SALLY BROMPTON



You write it! Write a funny

caption for the image to the right and send it to

play@metronews.ca the winning caption will be published in tomorrow's



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